



Across the Fence *Special Edition* December 13, 2020

Upcoming Palisades Village Events:

Our Holiday Gathering will be on December 21 and you are invited. We have some special treats in store for all who want to join us. During the day we will have some edible treats that you can pick up or we will deliver to your door. [Register](#) now and let us know whether you can come by the office (5200 Cathedral Avenue NW) or you would prefer one of our volunteers bring it to your home. We plan on being outside with your goodies or making deliveries from **11 a.m.- 1 p.m.**

We will then all gather together on **Zoom at 4:30 p.m.** and share greetings, stories, and songs. Wear your ugly sweater or elegant attire -- Santa hats or antlers optional.



So that we can all share our greetings and stories of our family traditions, we have set up something called a Vidhug. Click on the link and record a brief message which will be compiled and shared with everyone. It can be a holiday greeting or we would love to hear your family tradition at this time of year. It is quick and easy. Need help? Call the office and we will walk you through it. Please record your greeting by **Friday, December 18.**

[Record your greeting here: https://app.vidhug.com/holiday-greetings/BJO0BY0jD/record](https://app.vidhug.com/holiday-greetings/BJO0BY0jD/record)

We can watch the premiere of our compiled Palisades Village video together, share more stories, and a song or two. For those who are interested, we will have a video of the decor at the Hillwood Museum.

It is time for a little merriment. Won't you join us! If you can't make the gathering but want a treat, register and let us know. Please register no later than noon on Friday, December 18. Register [here](#).

With this special holiday event on the following Monday, we are **cancelling Friday, December 18's Happy Hour**. Join us at our new 4:30 p.m. starting time on January 8, 2021.

We have opportunities to stay fit this week with William Yates. He will leading our [Strength and Resistance fitness](#) class at 3 p.m. on Monday and Jill Minneman is hosting Yoga at 3 p.m. on Tuesday and Thursday.

Register for any of these events by clicking on the link or calling the office at **202-244-3310** to get the Zoom links. If you need a helping hand to get you on Zoom, we can set you up with a virtual buddy.

COVID Corner:

We are looking for writers to keep our community informed...If you would like to continue this Covid Corner section of the newsletter and wish to write a weekly or an as needed update on the pandemic, please let us know!

This COVID-19 information is provided in partnership with the Ward 3 Senior Villages which include Palisades Village, Cleveland and Woodley Park Village, and Northwest Neighbors Village, and Sibley Hospital. Together we are "Building Engaged and Supportive Communities."

With the COVID-19 vaccine on the horizon, many of us have questions. The CDC addresses how they are making recommendations for prioritizing who should get the vaccine (hyperlink:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations-process.html> and includes facts about the COVID-19 vaccine (hyperlink here: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/vaccine-benefits/facts.html>).

As we shared last week, the draft version of [DC's COVID-19 Vaccination Plan](#) describes a phased distribution (see pages 19-23 of the report.). DC Health acknowledges that the COVID-19 pandemic has disproportionately affected District seniors, those with chronic medical conditions, and racial

and ethnic minorities, and has identified the Department of Aging and Community Living (DACL) as one of its partners in helping to integrate this important public health initiative.

It is important to remember we are still in the middle of an historic pandemic. Current infection rates and death rates in the U.S are breaking records. This is not the time to let our guard down. In addition to wearing a mask <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html> over your nose and mouth while outside of your home, practicing social distancing, practicing proper hand hygiene <https://www.cdc.gov/handwashing/when-how-handwashing.html>, avoiding large crowds, and reducing your time in indoor public spaces, you can sign up for the DC COVID Alert Notice (CAN).

DC CAN uses Bluetooth technology in your smartphone to quickly notify users who have likely been exposed to COVID-19. Widespread use of this technology can reduce the risk of infection for your friends and family and help DC stop the spread. If you haven't already signed up for DC CAN, follow these instructions <https://coronavirus.dc.gov/dccan>. Need help signing up? Volunteers are available to assist Village members.

Additionally, the Mayor's Office has created signs for DC residents to place on their front door to remind visitors to follow guidelines that help reduce the spread of the virus. You can print signs here https://coronavirus.dc.gov/sites/default/files/dc/sites/coronavirus/page_content/attachments/COVID%20Signs%20for%20Home_r4.pdf

Be assured that Palisades Village is closely monitoring recommendations set forth by reputable sources like the CDC and the Mayor's office, which we will continue to share with our community. Please know that Palisades Village is here to assist you throughout this pandemic and beyond.

For more information on COVID-19, please feel free to view Palisades Village's website, https://palisades.helpfulvillage.com/editable_pages/10021-covid-19-resources and Sibley's Hospital's COVID website, <https://www.hopkinsmedicine.org/sibley-memorial-hospital/>.

If you are in need of a cloth mask or 2 oz personal size hand sanitizer, please let Palisades Village know at **202-244-3310**.

Holiday Seasons- Hard for All, Especially the Bereaved:

Holiday Seasons are often marked by social gatherings, festive traditions, and religious rituals. Along with celebrations and bright lights, the holidays can also be a time of profound loneliness for many people. If you are experiencing grief over the loss of a loved one or distance from family and friends, this season may present unique challenges regarding how to mark a holiday while tending to your own desires. Without a doubt, the isolation and uncertainty of a pandemic during this Holiday Season will be unprecedented for the bereaved.

If you are living with grief during this Holiday Season, you may experience a myriad of emotions including a desire for solitude, a sense of loneliness, and an obligation to respond to the expectations of your community. To help sort things out a bit, it may be helpful to consider the distinction between grief and mourning. Very simply, grief is the constellation of feelings and internal experiences around loss, while mourning is an outward expression of grief. While our feelings and personal experience in response to a loss is grief, we mourn by sharing stories, through creative expression, and gathering with loved ones. As we integrate our loss and begin to heal, it is important to honor time devoted to both grief and mourning.

Because of the restrictions of COVID 19 around travel and gatherings, rather than holiday parties and family gatherings, you may be invited to virtual events or small gatherings in homes or out of doors. The restrictions around the pandemic may leave you with few options, but how you spend your time is still a personal decision. Perhaps you will prefer time in solitude. Certainly, the soft glow of candlelight and quiet beauty of winter invite us into stillness. You may find there is an intimacy, transparency, and a sense of hope within your experience of grief that can only be found in silence.

You may want to spend time with family and good friends sharing stories about your spouse or with cherished traditions. This is a natural way of mourning your loss. Be aware that is a delicate balance within a community that holds as you want to be held. Several people in my grief support groups have shared that in years past, they have attended a holiday event at which no one mentioned their recently deceased loved one. This was

confusing and painful for them. The need to talk about your beloved is natural and can only happen in a community. Perhaps a trusted friend or relative can help to find creative ways to share memories within your community.

You may find that what you need changes from moment to moment. Seek ways to mark the season that serve you during this tender time. While it is important not to become too isolated, be gentle with yourself and as far as possible suspend expectations that feel overwhelming. Being alone is a valid choice. You have every right to decline an invitation to a Zoom event, even if attending only requires turning on your computer. Just as important is your right to ask for what you need if you are seeking companionship and community. Even at the last minute. Even if it is as simple as the sound of a familiar voice.

If it is any consolation, know that while you are lonely, you are not alone in your experience of grief. As we move through the season, trust your wisdom about what helps to light your way forward just a little bit towards healing and connecting with loved ones in new ways and with new traditions.

I wish you a safe, peaceful, and restorative holiday season. Here is my contact info if you would like to get in touch with me to talk about this, please feel free to contact me at mpanke1@jhmi.edu or **202-364-7602**.

Marianne Panke, Sibley Senior Association and Support Group Leader for Newly Bereaved for Widowed Persons Outreach

Volunteer Corner:

We are looking for cookie bakers. If you have the time and are interested in helping brighten our members' holiday with some home baked goodies, please let us know. They would need to be delivered to the office on Friday, December 18. Please email ebanton@palisadesvillage.org or call **202-244-3310** and we can share details.

Have you changed the batteries in your smoke detectors recently?

If you cannot reach your smoke detector, please know that you can call 311 and the DC Fire & EMS Department will schedule a time to come and

replace your smoke detector for free. If you need multiple smoke detectors (and they have a life of only 10 years) you may want to purchase new ones and then they will happily install those for you. If you're using Amazon to order them, remember to use [Amazon Smiles](#) and search for Palisades Village. We receive a small percentage of your sale at no cost to you!

DC Programs for Mortgage and Rent Assistance during COVID:

The DC Mortgage Assistance Program (DC MAP) helps qualified borrowers with a loan of up to \$5,000 monthly toward their mortgage for up to six months. DC homeowners seeking assistance should call 1-833-429-0537. Questions can be emailed to DCMAP@dchfa.org.

Programs for DC residents who rent are also available. Learn more about available District resources to keep you in your home by visiting coronavirus.dc.gov/rent.

Palisades Village Current Member Services:

Members: Please let the office know if you need help with any of the following:

- Contactless Grocery Shopping and Delivery services
- Prescription drugs pick up
- Meals, Soup, and Baked goods
- Mask and Hand Sanitizer Delivery and Distribution
- Reading and Financial Assistance
- Remote IT assistance--zoom training, email assistance via phone, etc.
- Programming via Zoom and Conference Calls--including fitness, happy hour, book group, author talks, yoga, knitting, etc.
- Friendly visits via phone calls and from the "front porch," outside at a safe social distance.
- Walking Buddies--maintaining a safe social distance
- Small home repair projects (screens, moving plants, etc.)
- Quick IT services (changing printer cartridges, installing printers, etc.)
- Outdoor yard assistance
- **Access to our in-house library inventory and free delivery to your door!**

- Essential medical transportation with member sitting in the back on the passenger side and windows open (based on volunteer availability)
- Holiday help.

Palisades Village continues to be cautious to protect our members and volunteers. Your safety is our utmost concern. We have established protocols in place to minimize the risks associated with COVID-19.

Volunteers: Please continue to update the office on what services you feel comfortable providing.

Survey to Inform New DC Office for the Deaf, Deaf Blind and Hard of Hearing (ODDBHH):

If you have hearing difficulties and live or work in DC, the Hearing Loss Association of America DC Chapter (HLAA-DC) would like to hear your opinions concerning the future direction of the city's proposed Office for the Deaf, Deaf Blind and Hard of Hearing (ODDBHH). They are advocating for establishing a priority ordering of needs based on those who will be most dependent on this office's assistance.

Please click the link below, enter your email address, rate each of the priorities from 1 (not important at all) to 5 (very important) by clicking the circle underneath the number that you choose, and then click "submit" at the end of the survey. The survey works better on a computer instead of a phone, and should not take long to complete. Please take the time to respond to this survey by December 21.

Click here to take the survey: <https://s.surveyplanet.com/G4GA6R5nF>

Silver & Gold Pen Pals Program with the University of Maryland:

The University of Maryland has a new student-led organization who's purpose is to match college students with local seniors through a pen pal system, creating a mutual sense of community. Through this pen pal system, college students from the Silver & Gold Pen Pal club and seniors will write hand-written letters back and forth to discuss what is happening in their respective lives.

Members are expected to write to each other twice a month and maintain a relationship with their pen pal.

Interested? Email silverandgold.umd@gmail.com for more information.

Creative Corner:

POTATO LATKES

6 potatoes	¼ tsp. pepper
1 onion	½ tsp. salt
2 eggs beaten	3 tbsp. flour
Oil for frying	

Peel & grate the potatoes and onion. Add the remaining ingredients (except oil) and mix well. Drop potato mixture by tablespoons into hot oil. Shape into round flat pancakes. Fry on both sides, a few at a time, until they are crisp. Drain well on paper towels.

Latkes are a holiday tradition for Palisades Pan Handler Peggy Banks. She doesn't use a recipe but this recipe approximates hers. Happy Hannukah!

Palisades Village Connect and Learn: On the [Connect and Learn](#) page on our website, we have everything from neighborhood walks to virtual outings and fitness classes. Check it out!

I Hate it Here -- Audio play by Ike Holter. With sharp humor and keen observation, Ike uses a series of vignettes to take listeners from an office to a wedding, playground, protest, street corner, and more to illustrate how the tremors of uncertain times affect people across the board, and how they do (or don't) cope with a world teetering on the brink. Available to listen free on the [Studio Theatre website](#).



The DC Area Villages work closely together to share resources and access to some events.

Monday, December 14, 10-11:30 a.m.

Art Talk with Lee Ann Lawch: Alexander von Humboldt -- SAAM docent Lee Ann Lawch's art talk has gained a following with AHA members. This month, Lawch turns her attention to the subject of the current SAAM exhibit Alexander von Humboldt and the United States: Art, Nature and Culture. It's a fascinating look at the Prussian geographer, naturalist, explorer, and scholar who was a great influencer and science and art. This talk will cover both Humboldt's life and the artists he influenced. **Register** to the AHA office at aha@athomeinalexandria.org or **703-231-0824**.

Wednesday, December 16, 12:00 p.m.

Program with Arena Stage's Molly Smith -- FBWE Village is delighted to feature a conversation with Molly Smith, the artistic director of the Arena Stage theater. Molly Smith has led Arena Stage since 1998 and directed over 30 shows in that time. The wide-ranging conversation will cover many topics including her theater's response to the pandemic shutdown. There will be ample time for Q&A. [Find more info and register here](#)

Thursday, December 17, 1-2:30 p.m.

"Edison, Einstein, Ellington, and Ernst: The Many Faces of Genius" with Dr. Michael Geselowitz -- Thomas Edison, Albert Einstein, Max Ernst, and Duke Ellington have all been described as creative geniuses. Yet, one was an engineer, one was a scientist, one was a visual artist, and one was a musical composer. This lecture will explore the meaning of creativity and genius by looking at the lives and work of four giants and others who have been given the title genius. Are invention, scientific discovery, and artistic production essentially the same human endeavor? What are the similarities and differences? If they are distinct activities, can the concept of genius somehow link them together, or is genius another

idea that has different meanings in different contexts? Tune in to find out. Michael Geselowitz, Ph.D. is Senior Director of the IEEE History Center. Registration link: www.littlefallsvillage.org/Genius. Log in by 12:45 p.m.

Thursday, December 24 at 4:00 p.m. or rebroadcast Sunday, December 27 at 7:00 p.m.

Choral Artists of Sarasota with Conductor Joe Holt --Former Assistant Director of the Choral Arts Society of Washington is now the conductor of the Choral Artists of Sarasota. This event will combine an interview with Mr. Holt with the streaming broadcast of the group's 2020 holiday concert, "Holiday Lights". When conducted on December 20, the concert will be one of the biggest live holiday performances to be staged this year in a large U.S. city. Village members will get to experience the concert as a Christmas Eve musical delight. We will rebroadcast the event on December 27. Email your request to: events@dcwaterfrontvillage.org or call the Waterfront Village at **202-656-1834**.

Wednesday, December 30, 4:00 p.m.

America the Beautiful by Lynn Cates --- FBWEV member Lynn Cates started taking photographs several years ago but only became serious about her photography in 2015 when she started combining her interest in photography with her love of cross-country road trips. She thoroughly enjoys exploring and photographing the beauty she finds all across this country. For her presentation "America the Beautiful," Lynn will share her images of grand and intimate landscapes, including national parks, coastlines, forests, mountains, and tiny natural jewels she has encountered along the way. [Register for the tour here](#)

Community Events:

Go to [Around Town DC](#) to find classes in Zoom, art, dance, advance planning, fitness, improv, and much more. Here are some examples (register by clicking on the links.):

Wednesday, December 16, 12 noon-1:00 p.m.

[Fall Virtual Concert Series: The Piano Journey](#) - Join piano virtuosos Michael Sheppard, Derek Zhi Guang Chiu, and Anna Ouspenskaya in their musical journey through the world of keys.

Wednesday, December 16, 2-3 p.m.

Introduction to the Google Platform: December 2020--Get a very basic overview of the Google Platform with B Milenkovic. B will cover google documents, slides, sheets, forms, and google hangouts.

Thursday, December 17, 3 p.m.

Dr. Matthew Mintz: Medical Marijuana and CBD -- Learn what older adults should know about medical marijuana and CBD by the author of Medical Marijuana and CBD: A Physician's Guide for Patients. [Read more and register here](#)

Sibley Seniors Association (SSA) offers programs and support groups online. Their latest newsletter and calendar are available at https://www.hopkinsmedicine.org/about/community_health/downloads/sibley-senior-association-quarter-4-newsletter.pdf.

DPR -- DC residents can sign up for physically distant, in-person programming at various DPR locations (including yoga and pickleball at Palisades) or virtual programs hosted by DPR instructors online. Actual programs began on a rolling basis on Tuesday, October, 13. DPR will also open a select number of fitness centers and indoor pools for reservation-only workouts and lap swimming. Centers will operate at limited capacity with new health and safety protocols in place, such as face mask requirements, enhanced daily cleaning. To create an account for you or your family, visit our [main registration portal](#).

Other Community Events:

Virtual 50+ Expo is open and goes through Jan. 31, 2021. Tune in for activities, classes, and information sessions on health, history, senior living, and more. The expo is sponsored by [The Beacon](#), a local publication for people over 50.

Monday, December 14, 1-2 p.m.

Reduce Inflammation Naturally-- Inflammation can be a friend or foe but when it sticks around too long, inflammation can cause long-term health problems. Learn how your diet and lifestyle can influence inflammation in your body. We will also discuss foods and spices to add to your grocery cart for optimal health. Registration link:

<https://www3.oasisnet.org/Washington-DC/Classes?number=261>

Wednesday, December 16, 1-2 p.m.

Glaucoma Advances -- Glaucoma affects millions of Americans. We have improved our ability to diagnose, monitor, and treat the problem. New implants allow for IOP monitoring, delivering drugs over long-term and new less invasive surgeries allow for safer and quicker recovery. Registration link: <https://www3.oasisnet.org/Washington-DC/Classes?number=263>

December 16, 2020, 10:30 a.m.

Palliative Care Seminar: A clinical and spiritual perspective -- Join Charles E Smith Communities via Zoom Meeting for this educational program to learn more about the benefits of palliative care. Our panelists will provide a clinical and spiritual perspective. Register at [Palliative Care: A Clinical and Spiritual Perspective - Charles E. Smith Life Communities](#).

Tuesday, December 15, 5 p.m.

Behind the Seams with Designer Michelle Smith--Former First Lady Michelle Obama is known for wearing and supporting American designers and clothing brands. This interest may be best represented in the now-iconic dress by Milly that she wears in the National Portrait Gallery's 2018 painting of her by Amy Sherald. Join the dress's designer, Michelle Smith, and the Portrait Gallery's senior historian and acting chief curator, Gwendolyn DuBois Shaw, as they discuss this remarkable garment, the "power of the needle" to change women's lives, and the new clothing line that Smith is now in the process of launching. This program is connected to the National Portrait Gallery exhibition Every Eye Is Upon Me: First Ladies of the United States, curated by Shaw. [Register here](#)

Thursday, December 17, 6:30 p.m.

The Summit Tunnel: Power and Grit in the Building of a Nation -- Over 1,659 feet long, chiseled through solid granite, during two of the worst winter storms ever recorded, the Summit Tunnel was the highest and longest of 15 tunnels that conquered the Sierra Nevada Mountains for America's First Transcontinental Railroad. It was built almost entirely with Chinese labor at a time when pickaxes, mules, and gun powder were the tools of the trade. Less than 15 years later, Congress passed the first of the Chinese Exclusion Acts in 1882. To commemorate the anniversary of the repeal of the anti-Chinese laws in 1943 and to remember the amazing national contributions of the Chinese workers, the 1882 Foundation will screen "Legacy" by the US Forest Service. The short film will be followed

by comments from descendants of the railroad workers and readings from the "Voices from the Railroad" edited by a former director of the Chinese Historical Society of America Sue Lee and historian Connie Young Yu. Moderated by Ted Gong, Executive Director of the 1882 Foundation. Learn more at <https://1882foundation.org>. The Zoom meeting ID is 860-8007-5832, password 884422.

Friday, December 18, 6:30-9 p.m.

Seabury 's Out & About LGBTQ Older Adult Program Presents Movie and a Dinner Night -- Please come and join the Out and About Program for our Holiday Movie Night Event with dinner and a play. The first 30 people to sign up will receive a gift card to DoorDash to order dinner on us. Once we reach 30 participants, you may attend the event but you will not receive a gift card.

Saturday, December 19, 11 a.m.

Daybreaker Live 'Tis the Season to Dance -- Dance on Zoom at this AARP-sponsored event featuring performances by The O'Jays and Dionne Warwick. [REGISTER](#)

Ongoing Events:

Mondays, 5:30 - 6:45 p.m.

Nikita's Fabulous Virtual Interactive Cooking Classes -- Would you like to learn or improve your cooking skills, add wonderful recipes to your existing recipe bank and have fun whilst cooking along with Nikita and a virtual group of friends? Then, you may want to consider taking a class with Nikita. Her goal is to offer tasty, balanced, somewhat healthy, easy to make recipes that can be made in 60-75 mins - which means you can have dinner on the table on Mondays by 6.45 p.m. Cost is \$20 per class. How to sign up... Send Nikita an email and tell her which class you want to sign up for at nikdrao@hotmail.com, and she will send you all the information you will need.

Monday, December 14 -- Chicken Shawarma in Pita with Salad and Tahini Sauce

Monday, December 21 -- Holiday Silky Chestnut, Leek and Parsnip Soup & Holiday Scrumptious Savory Muffins

Wellness Wednesdays

Enjoy free webinars to promote physical health and emotional wellbeing on the 2nd and 4th Wednesday of the month. These programs feature top

thought leaders and authors on a wide range of topics to help you “live your best life longer.” They are hosted by Sally Duplantier, founder of Zing. Check out upcoming programs or view past recordings here: www.myzinglife.com/wellness-wednesdays

Weekly on Mondays from 2 - 3:15 p.m.

Just Us at the National Gallery of Art -- Provides interactive, discussion-based experiences for people with memory loss and their care partners. Participants explore two works of art during virtual sessions on Zoom. Now that we're not constrained by physical proximity or travel to the Gallery, we can welcome pretty much anyone who might like to join us for a conversation about works of art using Zoom. For more information go to <https://www.nga.gov/calendar/guided-tours/just-us.html>. To register, please email access@nga.gov.

Tuesdays, 2:30 - 4 p.m., Wednesdays, 10 - 11:30 a.m. (new) and Fridays, 2:30 - 4 p.m.

Dance for PD -- Bowen McCauley Dance Company provides those with Parkinson's disease and their care partners the opportunity to join us each Tuesday and Friday during the Pandemic. Classes are taught utilizing a chair (seated instruction only). Learn more about the program Click here.

COMING UP IN PALISADES VILLAGE

The following below are details on upcoming events sponsored by Palisades Village. You can now register by clicking on "More Information" and then "Register." You will be prompted to add your name and email address. Please use the email address that the calendar was sent to; it functions as your user ID. If you need to update your email, just let us know. Or you can register by email at eblanton@palisadesvillage.org or call the office at **202-244-3310**.

[ALL OUR EVENTS ON THE VILLAGE WEBSITE](#)

This Week at Palisades Village
December 13 — 19, 2020

William Yates Fitness on Zoom

Mon 12 / 14 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 12 / 15 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Thu 12 / 17 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 12 / 19 / 2020 at 9:30 AM

Where: Via Zoom

[More Information](#)

Next Week at Palisades Village
December 20 — 26, 2020

William Yates Fitness on Zoom

Mon 12 / 21 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Holiday Gathering

Mon 12 / 21 / 2020 at 4:30 PM

Where: Via Zoom

[More Information](#)

Storytelling

Tue 12 / 22 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 12 / 22 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Office Closed

Wed 12 / 23 / 2020 at 12:00 PM

Where: n/a

[More Information](#)

Office Closed

Thu 12 / 24 / 2020 at 12:00 AM

Where: n/a

[More Information](#)

Office Closed

Fri 12 / 25 / 2020 at 12:00 AM

Where: n/a

[More Information](#)

[ALL OUR EVENTS ON THE VILLAGE WEBSITE](#)

Thank you!

Palisades Village